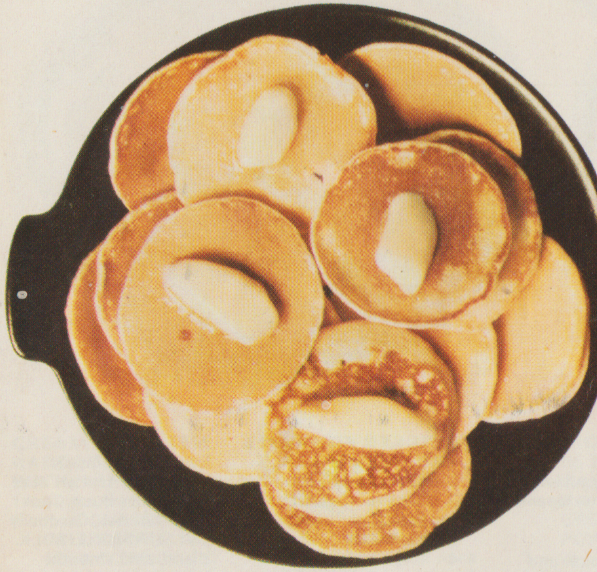
HOW TO KEEP MILK FRESH FOR MONTHS!



Straight from the dairy, when milk is freshest, you take out all the water and leave just the rich powder. That's what Nestlé's do to make Sunshine. Sealed in its can, Nestlé's Sunshine Milk keeps indefinitely. Enough to give you 16 pints, or 1 pint, or a teaspoon of full cream milk just when you need it. This week or next month.

NESTLÉ
SUNSHINE
REG'D
MILK
FULL CREAM MILK POWDER
NET 3 LB—AUSTRALIA

PIKELETS

3 tbsp. SUNSHINE FULL CREAM MILK POWDER
1 cup water
1 egg — lightly beaten
1 tsp. melted butter
1¼ cups flour
¼ tsp. salt
1 lev. tbsp. baking powder
2 tbsp. sugar
} Sift

METHOD

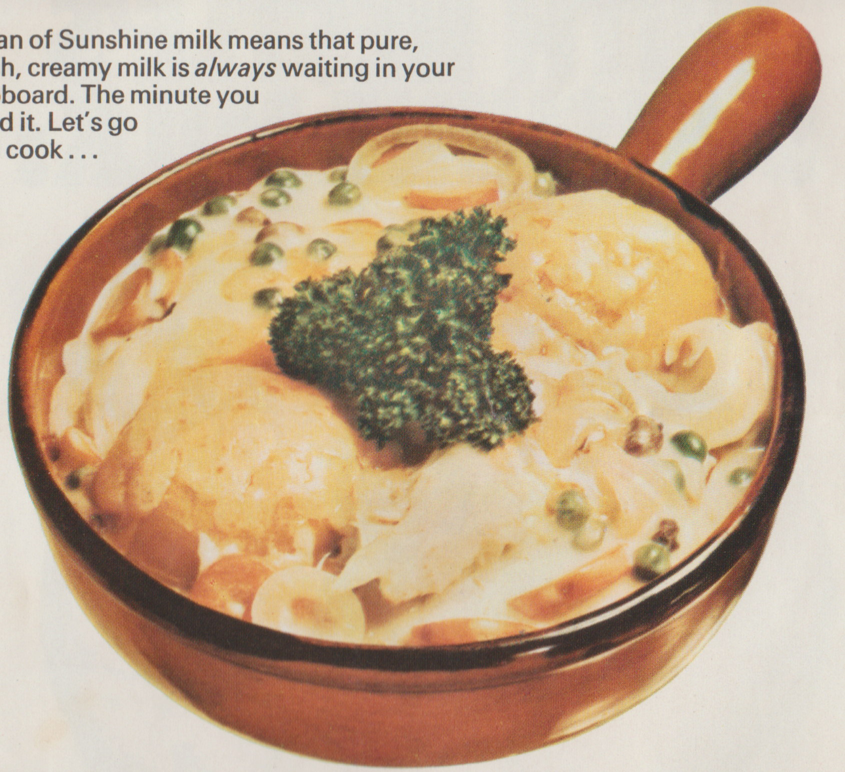
Whisk together SUNSHINE FULL CREAM MILK POWDER and water. Add egg and melted butter. Blend in sifted dry ingredients. Place mixture by dessertspoonfuls onto a greased frying pan. Cook until bubbles start to break, turn and brown on other side.

ALL SPOON MEASUREMENTS ARE LEVEL UNLESS OTHERWISE STATED.
8 FL. OZ. MEASURING CUP USED.

FRESH COOKING IDEAS WITH NESTLÉ'S SUNSHINE MILK:

COOK WITH SUNSHINE

A can of Sunshine milk means that pure, fresh, creamy milk is *always* waiting in your cupboard. The minute you need it. Let's go and cook . . .



THE PERFECT CHICKEN CASSEROLE

2	oz. butter	
4	tbsp. flour	
4	tbsp. SUNSHINE FULL CREAM MILK POWDER	*Whisk*
½	pt. warm water	
½	pt. reserved chicken stock	
2	tbsp. lemon juice	
1½	tsp. salt	
1	tsp. Worcestershire sauce	
2	onions — sliced	
1	potato — diced	
1	carrot — sliced	
1	oz. butter	
1	2¼ lb. chicken — steamed and chopped	
1	cup frozen peas	
1	15 oz. can peach halves — drained	
¼	cup grated cheese	

METHOD

Melt butter, add flour. Cook for 2 minutes. Add SUNSHINE MILK and chicken stock gradually. Blend until smooth. Bring to the boil. Add lemon juice, salt and Worcestershire sauce. Saute onions, carrots and potato, in butter until tender. Add the chicken, peas and vegetables to the sauce. Place in a casserole dish. Arrange peaches on top. Sprinkle with cheese. Bake in a moderate oven for 30-35 minutes.

SERVES 4-6.

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RICH IN FRESH FLAVOUR AND VITAMINS!

Taste Sunshine's dairy-fresh creaminess in a saucy snack . . .

MONDAY NIGHT SUPPER

1	oz. butter	
2	tbsp. flour	
½	tsp salt	
	pinch pepper	
9	tbsp. SUNSHINE FULL CREAM MILK POWDER	*Whisk*
1	pt. warm water	
2	onions — chopped	
½	capsicum — chopped	
1	oz. butter	
2	cups cooked left-over lamb — cubed	
1	tsp. mint extract or chopped mint and 1 tsp. lemon juice	
	a few mushrooms (optional)	
½	cup frozen peas	

METHOD

Melt butter in a saucepan. Add flour and seasonings. Cook for 2 minutes. Gradually blend in SUNSHINE MILK, until smooth. Bring to the boil. Saute onions and capsicum in butter until tender. Add to the sauce together with lamb, mint sauce and mushrooms. Cover and simmer for 25 minutes. Add peas, simmer for 5 minutes.

SERVES 4.

SAVE AS YOU COOK.

While Sunshine adds the goodness of fresh dairy milk that's full of creaminess and vitamins, you'll actually *save* on your milk bills ! Up to a third ! Try this favourite of ours . . .

CHEESE TOPPED SCONE RING

2	cups S.R. flour	*Sift*
2	tbsp. SUNSHINE FULL CREAM MILK POWDER	
	pinch salt	
1½	oz. butter	
2	oz. grated cheese	
1	egg yolk — lightly beaten	
¼	pt. water — approx.	
1	oz. butter — melted	

METHOD

Sift dry ingredients into a bowl. Rub in butter. Add 1 oz. grated cheese and the egg yolk. Add sufficient water to make a soft dough. Knead lightly on a floured board. Roll out to ½" thickness. Cut into rounds with 2" cutter. Pack into a well greased ring tin, each scone overlapping the other by half. Pour melted butter over the top. Sprinkle with the remaining cheese. Bake in a hot oven for 18-20 minutes.

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8 FL. OZ. MEASURING CUP USED.

IE · The milk that stays fresh for months!

SUNSHINE CHICKEN PIE

Pastry Case

3 cups flour
6 oz. butter
2 tbsp. water

METHOD

Sift flour. Rub in butter with the finger tips. Add water to make a dough. Halve the dough. Roll out one portion to fit a 9″ pie plate. Prick base lightly with prongs of a fork. Bake for 10 minutes in a moderate oven.

Filling

½ capsicum
1 onion — sliced
1 carrot — sliced
½ oz. butter
4½ tbsp. SUNSHINE FULL CREAM MILK POWDER } *Whisk*
½ pt. warm water
1 MAGGI CHICKEN STOCK CUBE — crumbled
2 oz. butter
4 tbsp. flour
½ tsp. salt
1 10 oz. can corn niblets
1 2¼ lb. chicken — steamed and chopped

METHOD

Saute capsicum, onion and carrot in butter until tender. Drain. Combine SUNSHINE MILK and chicken stock cube. Melt butter and add flour. Cook for 2 minutes. Add salt. Gradually blend in SUNSHINE MILK until smooth. Bring to boil. Add vegetables, corn and chicken. Place in pastry shell. Roll out remaining pastry to cover pie dish. Flute the edge of pastry and prick the top with a fork. Bake in a moderate oven for 20 minutes or until pastry is golden brown.
SERVES 4-6.

CHICKEN PINEAPPLE CRUMBLE

2 carrots — sliced thinly
2 onions — sliced
½ capsicum — diced
2 oz. butter
4 tbsp. flour
9 tbsp. SUNSHINE FULL CREAM MILK POWDER } *Whisk*
1 pt. warm water
1 2¼ lb. chicken — steamed and chopped
2 tomatoes — cut in wedges
1 15 oz. can crushed pineapple
salt and pepper to taste

Crumble

1½ oz. butter
3 tbsp. flour
½ cup brown sugar — firmly packed

METHOD

Saute vegetables in butter until tender. Melt butter, add flour. Cook for 2 minutes. Gradually add SUNSHINE MILK. Blend until smooth. Bring to boil. Add chicken, vegetables, tomatoes and well drained pineapple. Place in a casserole dish. Rub butter into flour, add brown sugar. Sprinkle over chicken. Bake in a moderate oven for 15 minutes.
SERVES 4.

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CREAMY HADDOCK WITH ASPARAGUS

1 lb. smoked haddock
9 tbsp. SUNSHINE FULL CREAM MILK POWDER } *Whisk*
1 pt. water
juice of ½ lemon
2 oz. butter
4 tbsp. flour
½ cup grated cheese
1 small can asparagus cuts
mashed potatoes
melted butter

METHOD

Cut fish into serving pieces and poach in SUNSHINE MILK for 5 minutes. Remove fish. Drain well and place in a casserole dish. Squeeze lemon juice over fish. Melt butter, add flour. Cook for 2 minutes. Gradually add the strained poaching liquid. Blend until smooth. Bring to boil. Add grated cheese and asparagus cuts. Pour sauce over the fish. Pipe stars of creamed potato around edge. Glaze with melted butter. Bake in a moderate oven for 15 minutes.
SERVES 4.

LATTICED TUNA

2 oz. butter
4 tbsp. flour
9 tbsp. SUNSHINE FULL CREAM MILK POWDER } *Whisk*
1 pt. warm water
1¼ tsp. curry powder
¼ tsp. pepper
½ tsp. salt
juice of half a lemon
1 clove garlic — crushed
1 tomato cut in wedges
1 onion — sliced
½ cup frozen peas
1 10 oz. can whole kernel corn
1 large can tuna — drained and flaked
4 slices bread — remove crusts
melted butter
¼ cup grated cheese
paprika

METHOD

Melt butter. Add flour. Cook for 2 minutes. Gradually add SUNSHINE MILK.
Blend until smooth. Bring to boil. Add spices, lemon juice, vegetables and tuna. Place in a casserole dish. Cut bread into finger lengths. Dip into melted butter. Lattice the bread on top of casserole. Sprinkle with grated cheese and paprika. Bake in a moderate oven for 15 minutes.
SERVES 4.

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